

## Abstract

Title: Internal motivation of adolescents in sport.

Objectives: Check to compare emotionally and motivational processes in adolescents using questionnaires. Focus on boys and girl aged 16–18 years, specifically for secondary school students. Statistically processed and then compared the measured data, between the sexes and between schools. Then sorts the results in clear graphs and images.

Methods: Students' responses analyzed using questionnaires. School choice was made in secondary schools in Liberec and Prague.

Results: The questionnaires is reliable. Internal motivation does not affect the propensity to exercise.

Keywords: Performance, sport, motivation, students, questionnaire.